

NORTH AMERICAN NUNCHAKU ASSOCIATION

ヌンチャク

8TH KYU REQUIREMENT (YELLOW BELT)

4 SET FORM

(Start with both sticks in right hand)

- I. •Step slightly back (towards 9:00) left and slide in right to a right cat stance to 3:00 while performing a right down block.
 - Step down right to a right walking stance - swing around head – cross strike to left hip.
 - Step forward right forward stance – right butt end thrust.
- II. •Turn counter-clockwise and slide in left to a left cat stance to 9:00 while performing a left re-enforced middle block.
 - Step down left to a left walking stance – swing around head – cross strike to right hip.
 - Swing around head – left cross strike from right to left – catch over shoulder with right hand.
- III. •Pivot to a right walking stance to 12:00 while throwing the left stick (butt end strike) and holding on to the right stick.
 - Right upward cross strike (to left shoulder) – right downward cross strike (to right side) – full arm forward circle.
 - Outside upward spin to right shoulder.
 - Right strike to left hip – right hip – right shoulder – right strike to left hip – right shoulder.
 - Two outside downward spins and (transition forward) strike down (on right side) – Outside upward spin to right shoulder.
 - Right outside downward spin – catch in right hand.
- IV. •Step back left to a left back stance to 6:00 while performing a right down block – right upward block.
 - Swing around head – right cross strike (to left hip) – catch right stick in left hand
 - Step through to a left forward stance to 6:00 while swinging around head and performing a left cross strike (to right hip) – catch left stick in right hand.
 - Step through to a right forward stance to 6:00 while performing a flat forward spin - swing around head - right cross strike to left hip – trap with left hand at left hip.
 - Transition forward (still in a right forward stance) while performing a right butt end thrust.

Turn and step up right to a ready stance – put both sticks in right hand to finish.